



Pick a **better** snack™



Message from Iowa Nutrition Network  
and USDA's Food Stamp Program.

They're sweet or tart. Crunchy or soft. Big or small. Fresh, canned,  
dried or frozen. They're easy to serve. And even easier to eat.

Fruits and veggies — they make a better snack. *And kids love 'em.*



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TEAM NUTRITION 

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